

# **Healthy Food Preparation Tips**

Obesity is a growing problem for adults and children and can lead to chronic disease and death. Use the following tips to help maintain a healthy weight.



<b>Food Group</b>	<b>Tip</b>
<b>Fruit</b>	Rinse canned fruit with water if canned in heavy syrup. Use fresh produce whenever possible.
<b>Vegetables</b>	Use herbs, seasonings, or low fat broth/sauce for flavoring vegetables instead of butter or margarine.
<b>Dairy</b>	Nonfat/skim dairy products are best, low fat (1%) is second best. <u>Avoid</u> 2% and whole milk products for anyone age 2 and older.
<b>Grain/Bread</b>	Read nutrition labels and measure serving sizes accurately. Prepare without butter or margarine. Whole grains are the best choice.
<b>Protein</b>	Utilize dried beans, fish, seafood, venison. Trim all visible fat and skin from meat and poultry. Choose lowfat cuts. Choose light poultry meat instead of dark meat and 90%+ lean beef. Limit the number of egg yolks used. Bake or broil instead of frying. One serving is the size of a deck of cards.

## **More Healthy Tips:**

- Use more fruits and vegetables.
- Choose more "whole foods" and fewer processed foods.
- Limit sweets, fats, and junk food.
- Choose lower calorie condiments such as mustard or vinegar. Fat free/lowfat salad dressings or light mayo are options as well.
- Limit portion sizes. "Super Sizing" adds weight quickly.
- Remember, beverages can add weight. Limit high calorie beverages such as soda pop.